

WELCOME TO YOUR BAM! BOX

RECIPE BOOK

*Featuring recipes from Emeril's Culinary Garden &
Teaching Kitchen*



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CAPRESE SALAD

YIELD: 4 to 6 servings

This super-simple, classic Italian salad pairs three of Italy's favorite Ingredients ripe tomatoes, fresh Mozzarella cheese, and sweet basil. A simple balsamic vinaigrette is the perfect dressing—and this is the perfect moment to use a top-quality extra-virgin olive oil if you happen to have a bottle on hand. Serve this refreshing salad at your next family summertime cookout!

Ingredients

- 1 pound vine-ripened tomatoes
- ½ pound fresh mozzarella, in whey
- ⅓ cup packed fresh basil leaves
- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon sugar
- salt and fresh cracked black pepper to taste



Contains dairy

Tools

- cutting board
- chef's knife
- blender
- whisk
- serrated knife
- large plate or platter
- small mixing bowl

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in My World!*,
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CAPRESE SALAD

Directions

1. Using a sharp serrated knife, slice the tomatoes about ½-inch thick, horizontally. Discard the very tops and the bottoms.
2. Using a sharp knife, slice the mozzarella into ¼-inch slices.
3. On a large plate or serving platter, arrange the tomato and cheese slices in an alternating, shingled pattern. Place the basil leaves in a blender with the extra virgin olive oil, and puree until smooth, about 15 seconds.
4. Drizzle the basil oil evenly over the tomatoes and mozzarella. In a small mixing bowl, combine the balsamic vinegar and the sugar and whisk to combine. When the sugar is completely dissolved, pour the vinegar over the tomatoes and mozzarella.
5. Garnish the plate with fresh basil leaves and sprinkle with salt and fresh cracked black pepper to taste. Serve immediately.



EMERIL'S HERB VINAIGRETTE

YIELD: 1 cup

Ingredients

- ¼ cup herb-infused vinegar (such as tarragon or basil), or white wine vinegar
- 2 tablespoons minced shallots
- 1 tablespoon minced garlic
- ¼ cup assorted chopped soft fresh herbs (such as basil, tarragon, cilantro, parsley, oregano, or whatever herbs you prefer)
- 1 teaspoon salt
- 15 turns freshly ground black pepper
- ¾ cup olive oil

Directions

1. Combine the vinegar, shallots, garlic, herbs, salt, and pepper in a bowl.
2. Slowly whisk in the oil and continue whisking until thoroughly emulsified.
3. Store, refrigerated, in an airtight nonreactive container for up to 3 days. Whisk before serving.

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FALL QUINOA TABBOULEH

YIELD: 6 servings (4 ½ cups)

Ingredients

- 3 cups cooked quinoa
- 1 cup cored, diced apple, preferably Honey Crisp or Pink Lady
- 1 cup chopped, toasted walnuts
- 1 cup finely chopped flat leaf parsley
- ½ cup finely diced red onion
- ½ cup pomegranate seeds
- ½ cup walnut oil
- ⅓ cup apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon pomegranate molasses
- ½ teaspoon sumac
- Kosher salt and freshly ground pepper, to taste



Contains tree nuts

Tools

- measuring cups and spoons
- cutting board
- chef's knife
- large mixing bowl
- wooden spoon

Directions

1. Combine the quinoa, apple, walnuts, parsley, red onion, and pomegranate seeds in a large mixing bowl and mix well.
2. In a small mixing bowl combine the walnut oil, apple cider vinegar, honey, pomegranate molasses, sumac and salt and pepper and mix well. Toss the quinoa with the dressing and let stand at room temperature for at least 20 minutes before serving. Taste and adjust the seasoning if necessary.
3. Serve at room temperature.

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FIVE GRAIN SALAD

YIELD: 6 servings

There are numerous health benefits to eating whole grains: they are low in fat, high in fiber, and one of nature's super foods.

Ingredients

- 2 cups cooked wild rice
- 1 cup cooked amaranth
- 1 cup cooked quinoa
- 1 cup cooked millet
- 1 cup cooked brown Jasmati, brown basmati, or brown jasmine rice
- 1 teaspoon grated orange zest
- 1 cup fresh orange segments
- 1 cup diced fennel (small dice)
- ½ cup diced radishes (small dice)
- ½ cup extra-virgin olive oil
- ¼ cup freshly squeezed orange juice
- 3 tablespoons red wine vinegar
- 1 tablespoon chopped fresh fennel fronds
- 1 teaspoon chopped fresh dill
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Tools

- measuring cups and spoons
- paring knife
- chef's knife
- plastic wrap
- box grater or rasp
- cutting board
- large bowl
- wooden spoon

Directions

1. Combine all the ingredients in a large bowl.
2. Refrigerate, covered, for at least 1 hour or as long as 3 to 4 days before serving. Remove from the refrigerator and allow to come to room temperature before serving.

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GRILLED FISH TACOS

WITH A ROASTED CHILE AND AVOCADO SALSA

YIELD: 4 servings (8 tacos)

This is such an easy, healthful dish. Use any mild, flaky fish that you like, mahi mahi, cod, lemon fish (cobia), amberjack...the list goes on. Don't skip the salsa!

Ingredients

- ½ Hass avocado, peeled, and pit removed
- 2 poblano chiles, roasted, peeled, and seeded
- 1 jalapeño, roasted, peeled, and seeded
- ¼ cup olive oil
- ¾ cup chopped onion
- ¾ cup cilantro leaves
- Juice of 1 lime
- 1 ¼ teaspoons kosher salt
- 3 tablespoons water
- 1 pound amberjack fillet (or other mild, flaky fish)
- ½ teaspoon freshly ground white pepper
- 8 fresh white or yellow corn tortillas, warmed according to package directions or grilled/griddled briefly to heat through
- 4 slices ripe tomato, cut in half
- 2 limes, halved

Tools

- paring knife
- cutting board
- measuring cups and spoons
- grill or grill pan
- fork
- rubber gloves for handling chiles (optional)
- chef's knife
- juicer
- blender
- tongs
- spoons

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GRILLED FISH TACOS WITH A ROASTED CHILE AND AVOCADO SALSA

Directions

1. In a blender, combine the avocado with the roasted poblano and jalapeño chiles, the 1/3 cup olive oil, 1/4 cup of the chopped onion, 1/4 cup of the cilantro leaves, the lime juice, 1/2 teaspoon of the kosher salt, and the water. Puree until smooth, and set aside. Taste and adjust the seasoning if necessary.
2. Preheat a grill to medium, or preheat a cast-iron grill pan over medium heat.
3. Season the amberjack with the remaining 1 teaspoon kosher salt and the white pepper. Rub the remaining 2 tablespoons olive oil over both sides of the fish, and place the fish on the grill. Grill until the fish is just cooked through and flakes easily, about 4 minutes on each side. Remove the fish from the grill, and use a fork to break it into flakes or small chunks.
4. To assemble the tacos, divide the fish evenly among the tortillas. Garnish each taco with some of the chopped onion and cilantro leaves. Place a half tomato slice over each, and drizzle with some of the avocado salsa. Squeeze some lime juice over the tacos, fold the tortilla sides together, and serve immediately.



HERBED MEDITERRANEAN YOGURT CHEESE SPREAD

YIELD: 4 to 6 servings

I just love this appetizer! Yogurt is very popular in Mediterranean countries. Dress yours up by using garlic or chili-infused olive oil. Or, a squeeze of fresh lemon juice will give the cheese a tangy flavor. Use any fresh herbs you like best, such as basil or dill. I also serve this alongside fresh veggies like carrot sticks, radishes, and celery. For the creamiest results, use whole-milk yogurt instead of the low-fat versions.

Ingredients

- 2 cups plain yogurt
- 1 teaspoon kosher or other coarse-grain salt
- Freshly ground black pepper
- ½ teaspoon chopped fresh thyme
- ½ teaspoon chopped fresh oregano
- 1 teaspoon chopped fresh parsley
- 1 to 2 tablespoons extra-virgin olive oil, plus more if desired
- Pita wedges, carrot sticks, radishes, celery sticks, cucumber slices, and Kalamata olives, for garnish (optional)



Contains dairy

Tools

- | | |
|-----------------------------|----------------------------------|
| • measuring cups and spoons | • cutting board |
| • chef's knife | • colander or wire-mesh strainer |
| • medium mixing bowl | • cheesecloth |
| • plastic wrap | • serving plate |

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HERBED MEDITERRANEAN YOGURT CHEESE SPREAD

Directions

1. Place a colander or wire-mesh strainer over a medium mixing bowl. (Make sure that there is enough room between the bottom of the colander or strainer and the bowl for about an inch of liquid to drain off the yogurt.) Fold a large piece of cheesecloth in half and place inside the colander, draping the edges over the sides.
2. Pour the yogurt into the cheesecloth, and cover the entire bowl with plastic wrap.
3. Place the yogurt in the refrigerator and chill overnight. (The longer the yogurt sits in the colander, the thicker the cheese will be!) Remove the yogurt from the cheesecloth and place on a serving plate. Season with salt and freshly ground black pepper. Sprinkle the thyme, oregano, and parsley over the top of the cheese and drizzle with olive oil.
4. Serve the yogurt cheese with pita bread wedges, veggies, and Kalamata olives. The yogurt cheese will keep, covered, in the refrigerator for 3 to 4 days.

JILLIE'S PESTO-CHEESE DIP

YIELD: 6 to 10 servings (or 1 cup)

My daughter Jillie came up with this recipe a couple of years ago, and talk about something totally awesome! And easy, too! Try it—you'll make your family and friends very, very happy! In case you don't already know, pesto is an Italian sauce traditionally made with a mortar and pestle, but it can be whipped up in no time at all in a blender. In Italian cooking it's most commonly tossed with pasta, but you'll find it goes really well with lots of things. Try adding a little to potato salad, drizzled over sliced tomatoes for a fresh summer salad, or, as we do here, on top of cream cheese for a tasty snack.

Ingredients

For the Basil Pesto

- 2 tablespoons lightly toasted walnut pieces
- 1 cup tightly packed basil leaves
- 1 teaspoon minced garlic
- ¼ cup grated Parmesan cheese
- ½ cup olive oil



Contains dairy and tree nuts

For the Pesto-Cheese Dip

- 8 ounces cream cheese
- ¼ cup Basil Pesto, recipe above
- crackers, bagel chips, or tortilla chips for serving



Contains dairy

Tools

For the Basil Pesto

- small baking sheet or pie pan
- grater
- blender
- measuring cups and spoons
- air-tight container
- oven mitts or potholders

For the Pesto-Cheese Dip

- blender
- measuring cups and spoons
- microwave-safe plate
- microwave
- spoon

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JILLIE'S PESTO-CHEESE DIP

Directions

For the Basil Pesto

1. Combine all of the ingredients in a blender and process on high speed until smooth, 1 to 2 minutes.
2. Pour into an airtight container and refrigerate until ready to use, up to 3 days.

For the Pesto-Cheese Dip

1. Place the cream cheese on a decorative, microwave-safe plate, and microwave uncovered on high speed until beginning to slightly melt, about 15 seconds.
2. Remove from the oven and spoon the Basil Pesto evenly over the cream cheese.
3. Return to the microwave and cook uncovered on high speed until the Pesto is just warm but still thick, 5 to 10 seconds.
4. Remove from the microwave and serve with crackers or chips of choice.

MINTY GREEN PEAS

YIELD: 4 to 6 servings (or 3 cups)

This is a classic flavor combo that you've just gotta try! Kicked up with a little onion and rolling around in some butter—green peas never had it so good! Kids, this is pretty easy to make, so this is one you can do while your folks are making another dish to go with it, such as meatloaf or pork chops!

Ingredients

- 2 tablespoons unsalted butter
- ¼ cup minced yellow onions
- 1 pound frozen green peas
- ½ cup water
- ½ teaspoon salt
- 1 tablespoon finely chopped fresh mint leaves



Contains dairy

Tools

- 3- to 4-quart saucepan with a lid
- measuring cups and spoons
- wooden spoon
- cutting board
- chef's knife
- large slotted spoon
- oven mitts or pot holders

Directions

1. Melt the butter in a medium saucepan over medium-high heat.
2. Add the onion and cook, stirring, until soft, about 3 minutes.
3. Add the peas and water and bring to a boil.
4. Reduce the heat to medium-low, cover the saucepan, and simmer until tender, about 4 minutes.
5. Remove from the heat.
6. Add the salt and mint and stir.
7. Using a slotted spoon, transfer the peas to serving plates.
8. Serve hot.

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MOROCCAN COUSCOUS

YIELD: 4 to 6 servings

Couscous is eaten all over North Africa and is particularly associated with Moroccan cooking, where it is usually served for lunch on Fridays. Though traditionally served as a main course or dessert, the quick cooking time makes this a wonderful side dish for any number of entrees. Feel free to kick yours up by adding your favorite dried fruits, nuts, citrus zest, or small vegetables or garbanzo beans.

Ingredients

- 2 cups water
- 3 tablespoons olive oil
- $\frac{3}{4}$ teaspoon salt
- 1 (10-ounce) package plain couscous
- $\frac{3}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon ground cinnamon
- 1 tablespoon finely chopped fresh herbs of your choice, such as mint, parsley, cilantro, or basil

Tools

- measuring cups and spoons
- chef's knife
- large mixing bowl
- oven mitts or pot holders
- cutting board
- medium saucepan with lid
- fork

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MOROCCAN COUSCOUS

Directions

1. In a medium saucepan, bring the water, 2 tablespoons of the olive oil, and 1 teaspoon of the salt to a boil.
2. When the water begins to boil, remove the pan from the heat, stir in the couscous, and cover the saucepan. Allow the couscous to stand for 5 minutes, without lifting the lid.
3. Pour the couscous into a large mixing bowl and toss lightly with a fork to break up any lumps. Drizzle the couscous with the remaining 4 tablespoons of olive oil, tossing to coat well.
4. Add the remaining ½ teaspoon salt, cumin, cinnamon, and herb(s) of your choice.
5. Gently toss to combine, using a fork to stir in the seasonings.

QUICK AND CREAMY HERB DRESSING

YIELD: 1 ½ cups

Ingredients

- ½ cup buttermilk
- ½ cup sour cream
- ¼ cup mayonnaise
- ¼ cup minced green onions (green tops only)
- 1 tablespoon minced fresh parsley
- ⅛ teaspoon ground black pepper
- ¾ teaspoon salt
- 1 teaspoon minced garlic
- 2 teaspoons fresh lemon juice
- ½ teaspoon Baby Bam



Contains egg

Tools

- measuring cups and spoons
- cutting board
- knife
- garlic press (optional)
- large mixing bowl
- wire whisk
- airtight container

Directions

1. Place all the ingredients in a large mixing bowl.
2. Whisk until smooth.
3. Serve immediately over salad, or pour into a container, cover tightly, and refrigerate until needed, up to 1 week.

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SALSA

YIELD: 2 cups

Ingredients

- 6 ripe plum tomatoes (about 1 ½ pounds) or 2 (14-ounce) cans whole tomatoes, drained
- ½ cup chopped red or yellow onion
- ¼ cup minced cilantro leaves
- 2 cloves garlic, minced
- 4 teaspoons fresh lime juice
- ½ teaspoon salt
- ½ teaspoon Emeril's Hot Sauce or other red hot sauce

Tools

- food processor
- measuring cups and spoons
- cutting board
- chef's knife
- juicer
- can opener (optional)
- plastic wrap (optional)

Directions

1. In the bowl of a food processor, combine all ingredients and pulse until the salsa is mostly smooth but still slightly chunky, about 7 pulses.
2. Transfer to a bowl. Serve immediately or cover with plastic wrap and set aside until ready to serve.

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SHRIMP AND VEGGIE SUMMER ROLLS

YIELD: 10 rolls

This Vietnamese specialty is a cousin of a Chinese favorite, the egg roll, except it isn't fried. Don't let these rolls intimidate you! The secret is to have all the ingredients set out and ready, assembly line-style, so that they're easier to pull together. If you leave out the shrimp, these make a great vegetarian snack, too.

Ingredients

- 1(3 ¾-ounce) package cellophane noodles
- 4 cups water
- 1(2-inch) piece of ginger, peeled and thinly sliced
- 1 lemon, halved
- ¼ cup soy sauce
- ¼ cup sugar
- 4 bay leaves
- 1 tablespoon chopped green onion (green and white part)
- 1 teaspoon chopped garlic
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon cayenne
- 20 large shrimp, peeled and deveined
- 10 (8 ½-inch) round rice paper wrappers
- 40 small fresh mint leaves
- 40 small fresh cilantro leaves
- 3 romaine lettuce leaves, rinsed, patted dry, ribs removed, and torn into bite-size pieces
- 1 large carrot, peeled and shredded
- 1 recipe Asian Dipping Sauce



Contains shellfish

Tools

- measuring cups and spoons
- chef's knife
- box grater
- large mixing bowl
- medium saucepan
- small mixing bowl
- 9-inch shallow dish
- large plate
- damp towels (optional)
- cutting board
- paring knife
- vegetable peeler
- paper towels
- slotted spoon
- fine-mesh strainer
- clean, dry kitchen towel
- oven mitts or pot holders

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SHRIMP AND VEGGIE SUMMER ROLLS

Directions

1. Pour 2 cups hot water into a large mixing bowl and add the cellophane noodles. Soak the noodles until softened, about 20 to 30 minutes. Drain the excess water from the noodles and pat dry with paper towels. Cover and set aside.
2. In a medium saucepan, combine 4 cups water, the ginger, lemon halves, soy sauce, sugar, bay leaves, green onion, garlic, salt, black pepper, and cayenne. Bring the mixture to a boil over high heat.
3. Carefully add the shrimp to the boiling soy sauce mixture and boil for 2 minutes. Remove the pan from the heat and allow the shrimp to stand in the hot mixture for 2 more minutes, until cooked through.
4. Using a slotted spoon, remove the shrimp from the cooking liquid and place in a small mixing bowl. When the shrimp are cool enough to handle, slice in half lengthwise. Using a fine-mesh strainer, strain and reserve 1 cup of the shrimp cooking liquid for the Asian Dipping Sauce.
5. Fill a shallow dish (about 9 inches wide or larger) with warm water. Make sure it's not too hot or the rice paper will tear easily. Place a clean, dry kitchen towel next to the dish. Submerge 1 rice paper wrapper in the warm water and soak it briefly, until it is slightly softened, about 10 seconds. Carefully remove the rice paper wrapper from the water and lay it flat on the towel. It will continue to soften as it sits. (Don't worry about drying the top of the rice paper; the excess water will help it to stick together better.)
6. Place 1/3 cup of the soaked cellophane noodles on the rice paper, about 1 inch from the bottom. Leave about 1 inch on each side, too. Arrange 4 mint leaves and 4 cilantro leaves over the noodles. Layer 4 shrimp halves on top of the herbs. Place 3 to 4 bite-size pieces of lettuce over the shrimp, and pile about 2 tablespoons of shredded carrots on top.
7. Pull the bottom inch of the rice paper over the filling and roll halfway up the rice paper. (Make sure that you wrap tightly, but be gentle so the wrapper doesn't tear.) Fold the sides over the filling and continue to roll up like an egg roll. Place the summer roll, seam side down, on a large plate and cover with a damp paper towel. Repeat the process with the remaining rice paper wrappers and filling.
8. Serve immediately with the dipping sauce, or refrigerate, covered with damp towels, for up to 1 hour before serving.

SWEDISH CUCUMBER SALAD

YIELD: 4 to 6 servings

This refreshing salad is the perfect accompaniment to Swedish Meatballs. As a matter of fact, in Sweden, you hardly ever see meatballs served without some version of a cucumber salad, along with boiled new potatoes and lingonberries! But try this salad next time you barbecue for a cool taste of summer that goes with just about anything that comes off the grill!

Ingredients

- 3 large European “seedless” cucumbers, about 1 pound each, or 4 pounds regular cucumbers
- 1 ½ teaspoons salt
- ⅓ cup white vinegar
- 2 tablespoons cider vinegar
- ½ cup sugar
- 1 tablespoon chopped fresh dill

Tools

- | | |
|--|----------------|
| • vegetable peeler | • paring knife |
| • small spoon or melon baller | • chef’s knife |
| • cutting board | • colander |
| • two medium non-reactive mixing bowls | • spoon |

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SWEDISH CUCUMBER SALAD

Directions

1. Peel the cucumbers and cut in half lengthwise. Using a small spoon (teaspoon) or a small melon baller, scoop any seeds as well as the watery center from each piece, forming a shallow groove down the center lengthwise.
2. Using a sharp knife, slice the cucumbers crosswise as thinly as possible, ideally about 1/8-inch thick.
3. Place the cucumbers in a colander and sprinkle with the salt.
4. Using your hands, toss to combine the cucumbers with the salt and allow to stand for at least one hour and up to two hours. Using your hands, squeeze handfuls of cucumbers to release any excess liquid and transfer to a medium non-reactive bowl.
5. In another non-reactive mixing bowl, combine the white vinegar, cider vinegar, and sugar, and stir until the sugar is completely dissolved. Pour the vinegar mixture over the cucumbers and add the chopped fresh dill. Stir to thoroughly combine and serve, or refrigerate up to overnight and serve cold.



VEGETABLE FRITTATA

YIELD: 8 to 10 servings (or 1 10-inch frittata)

Use any veggies you like! This is a great dish for breakfast, lunch or dinner.

Ingredients

- 8 eggs
- 3 tablespoons heavy cream
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons butter
- 1 cup thinly sliced onions
- 1 cup thinly sliced bell peppers (yellow, red, orange, or a mix)
- 1 cup thinly sliced zucchini
- 1 cup fresh spinach
- 1 cup small-diced smoked ham
- 2 tablespoons chopped fresh herbs, such as chives, basil, thyme, parsley, or your favorite mix
- 1 cup grated Swiss cheese (about ¼ pound)
- ¼ cup grated Parmigiano-Reggiano cheese, for serving



Contains dairy and egg

Tools

- medium mixing bowl
- cutting board
- box grater
- 10-inch ovenproof sauté pan
- heatproof rubber spatula
- oven mitts or pot holders
- measuring cups and spoons
- chef's knife
- whisk
- wooden spoon
- serving plate

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VEGETABLE FRITTATA

Directions

1. Set a rack in the upper third of oven and preheat broiler.
2. In a medium mixing bowl, whisk eggs, cream, salt, and pepper until combined.
3. In a 10-inch ovenproof sauté pan, melt 2 tablespoons butter over medium-high heat.
4. Add onions and peppers and cook, 7 to 8 minutes, stirring as needed, until soft. Add zucchini and spinach (or other chopped fresh vegetables) and cook, 2 minutes. Add ham and cook until warmed through, 1 minute. Add remaining tablespoon butter and, when melted, add egg mixture. Sprinkle fresh herbs over eggs and top with Swiss cheese.
5. Reduce heat to medium and cook eggs, undisturbed, 3 minutes, or until surface of eggs begins to bubble and bottom starts to set.
6. Immediately place pan in oven and broil eggs until golden brown on top and sides, 3 to 4 minutes.
7. Remove pan from oven. Using a rubber spatula, loosen frittata from sides of pan.
8. Tilt pan and gently slide frittata onto a serving plate.
9. Cut into portions, garnish with Parmesan cheese, and serve hot or warm.